

Find out ways to make this Christmas
environmentally friendly.
See page 5



Sophomores Sherry Forsythe and Laura Witek stand in front of their Christmas tree. Many students on campus decorate their rooms in the spirit of Christmas.

Tradition of the College Christmas Tree continues

by Ellen Herendeen

Despite the warm weather that Rensselaer has been experiencing in the past couple of days, Christmas is upon us. Many traditions surround this joyous season; one of the most popular is the decorated Christmas tree.

Saint Joe's Christmas tree is located in Halleck Center in front of the Ballroom. The Office of Student Activities was in charge of putting the tree up and providing the lights and garland. As in years past, the Saint Joe's community was in charge of providing the multitude of ornaments.

The ornaments, submitted by various organizations and departments of the

Saint Joe's community, are judged in a competition every year.

Winners this year are: Overall Winner- SJC Band, submitted by Patrick Schutrow; Most Creative- Admissions Office; Most Appropriate- Janitorial Department; Most Attractive- Campus Ministry, submitted by Jennifer Baird.

This year the judges were Bill Massoels (Track and Field Coach), Cheryl Torbet (Admissions Office Executive Secretary), and Matt Davy (Junior, Computer Science Major).

The judging is all in fun, stated Jen Haberkorn at the Office of Student Activities, "nothing is really at stake

here; it's just all in the Christmas spirit."

The contest was held on Dec. 1. The contestants and anyone else who attended enjoyed cookies and hot chocolate provided by the Office of Student Activities.

As in years past, this year's tree was greeted with positive response, "Seeing it reminds me that Christmas is almost here and the semester is almost over," stated Jean McCracken, a nursing student.

Natalie Bellar stated, "This beautiful Christmas tree reminds me that my Christmas shopping is not done yet, better get finished with soon."

The tree will be displayed until Christmas Break.

Gallagher Charitable Society helps with Christmas spirit

by DeAnn Hazzard

In this spirited Christmas season, the Governor Voluntary Action Award winning Gallagher Charitable Society has definitely demonstrated the spirit of giving.

On Sunday, Dec. 4 in the Halleck Ballroom, the Gallagher Charitable Society hosted the sixteenth annual Christmas party in order to spread Christmas joy to the children and their families of Jasper County and the Rensselaer area.

The expected number of people invited to enjoy the brunch, Brass Quintet and fun was over 120. Special guests included the SJC Puma and although it took a few months for Kurt Krouse to arrange, Santa Claus was available to hand out presents to each child.

The success of this party is a result of a team effort. Donations of both

time and money were crucial elements in this event.

"A lot of people helped out financially. We really appreciate it," said Junior Krouse, president of GCS.

Just some of the many appreciated contributors of this event in addition to the students comprising the Gallagher Charitable Society include the Admissions Office, Bill Maniscalco and the Student Affairs Office, members of the SJC community and people of the Rensselaer community.

"Generous donations and donators—it is really good to see the community come together."

"On behalf of Gallagher Hall and the Gallagher Charitable Society, I would like to wish everyone a Merry Christmas and a Happy New Year," said Krouse.



GCS experience proves satisfying, tiring

A day in the life of an elf

While I consider myself to be an understanding and compassionate individual, I had never devoted my time or energies to a charitable organization.

Last week, however, that all changed.

Originally, I agreed to work with the Gallagher Charitable Society (GCS) as a favor for my friends. Kurt Krouse, president of GCS, needed all the help he could get to organize and plan the annual Christmas party.

GCS is responsible for providing a Christmas experience for underprivileged children in Jasper County. The organization plans everything from fundraising to the brunch menu to the shopping for toys to the arrival of Santa--all in the name of good will for the community.

My duties with GCS began small. I had to write names on reminders that students had given up their cafeteria numbers for the party. Name after name I wrote on tiny slips of paper. Actually, I was impressed by the number of students that had voluntarily given up their dinners for a given day.

Next, we had to select the children to invite to the Christmas party. I thought this would be the easy part. Just get the names from the welfare office and send the invitations. Turns out, things were a little more complicated than that.

We were given a stack of papers of families who desired assistance for the holidays. Some of these papers contained names of elderly couples; some of these papers contained names of large families. There were too many applications--we could not invite everyone.

One of the most difficult things I have ever had to do was to select the families that would be invited to the Christmas party. There really was no basis for selection--we didn't have any guidelines. It was all done through guess work.

When it was over, 110 children and their families would be invited. Three times as many families had to be turned away. Having to reject families for financial reasons was difficult; there were so many people in the community that needed help; yet, GCS was powerless, and financially unable, to help them all.

After sending out the invitations and receiving almost all of the RSVP cards back, it was finally time to shop for the toys. It has been years since I had been in the toy aisles of a store and, for some odd reason, I was really looking forward to shopping for the kids.

Four of us--Kurt, Jenn Allgeyer, Jeff Coan and myself--travelled to Lafayette in search of toys for 110 children. Why we didn't stay in Rensselaer and shop at WalMart is an entirely different story (see the next issue of STUFF for details). We ended up at Target with \$1,000 to spend on toys. We split into teams to save time and energy. Jenn and I had the list of girls to shop for, while Kurt and Jeff had the boys list.

Jenn and I finished the list of girls in just over an hour; however, Kurt and Jeff seemed to have difficulty putting the toys in their carts. They had to play with almost every toy in the store. Needless to say, we spent several hours --and five overflowing shopping carts-- in Target.

Checking out of the store was interesting. Amazingly, the check

out person was all smiles as she rung up the GCS purchases. Personally, if I was in charge of Check Out Line #5 that night, I doubt I could have been as cheery as this woman was.

The next fun GCS event took place Saturday night. All of the shoppers and several Gallagher men spent almost four hours wrapping each gift in festive holiday paper. Of course, most of the toys were "ooh"ed and "aah"ed over before being wrapped. Turns out, several of the men helping in the wrapping festivities were still in the Nerf rapid fire gun stage and desired such gifts for themselves.

With over 100 gifts wrapped and tagged by gender and age, we were all ready for the brunch Sunday morning. Since I was to be one of Santa's elves (I even got to wear a genuine, certified elf hat) for the party, I had to be up early to help set up for the event. We spent hours setting up a Christmas tree, organizing presents, arranging tables and meticulously setting out toys for the kids to play with before their visit with Santa.

Families started arriving one hour earlier than the invitation requested. Kids were sent into the Ballroom to play with the toys we had set up for that reason. Prior to the children's arrival, I spent at least 30 minutes setting up what I thought was an awsome setting for the Fisher Price houses and families. The farm was alive with cows and horses; the school was a mecca for learning and the airport was all a-buzz with activity. Within five minutes of the arrival of the children, my Fisher Price set up was destroyed through missle attacks. There were no survivors.

Part of my duty as an "elf," was to play with the children. I have never prided myself on being good with kids; however, within minutes, I found the most adorable five year old boy to play a dinosaur game with. Minutes later, two other little boys need help re-attaching the basketball hoop to the wall. Then, I had to corral children to stay in the Ballroom with their toys. By the time I had to be on stage with Santa, I was already exhausted.

Seeing the kids in line was fun. They almost killed one another to be first in line to sit on Santa's lap. As one of the elves, I had to patrol the line, ensuring safety to all the sweet children waiting to see Santa. It was hell. These children were nearly rioting to see the Jolly Elf himself. They were hitting, they were spitting, they were pushing. I was told by a 10-year old that Santa did not exist. I was told by a small child that I was not really an elf.

Then, before I knew it, it was over. The kids were gone. The Ballroom was a mess and the men of Gallagher were fearlessly playing with the toys we had set up for the children. While initially I was tired from chasing and patrolling and elf-ing, I was sad to see it end and to know that this was the last GCS party I could be part of. I regret not becoming involved in the organization prior to my senior year at Saint Joseph's College.

My Christmas wish this year is that other people realize the importance of the service GCS provides and to become involved and active in the organization. I wish I could do more for these children. I wish I could see other children have a GCS Christmas.

--JML

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Answers to stress are easy to find

by Julia Garcia

Does it seem as if every paper is due on the same day? Does it seem as if all of your professors scheduled tests in the same week, or worse, on the same day? Do you feel so frustrated now that you do not know how in the world you will be able to handle finals? In other words, are you stressed out?

Handling stress, especially during finals has always been a problem for most students, especially freshmen. Feelings of anxiety and frustration are characteristic of finals week, but there are some things that you can do to ease the stress.

According to Mary Kenny and Dr. James Kenny, Clinical Psychologist, Visiting Professor of Psychology, certi-

in Psychology, and a School Psychologist in the state of Indiana, following a routine can ease stress. It is important to keep at the schedule and not fall into inactivity.

Also watching what you eat is important. According to Dr. James and Mary Kenny, "when you are stressed, breakfast becomes your most important meal, giving you fuel for your day." Try to eat foods rich in the B-vitamins such as wheat breads and wheat cereals. Snack on fresh fruit, vegetables, and other healthy foods every hour or two. Avoid sugar and caffeine which may leave you feeling even more tense.

The Kennys also recommend that you exercise daily. Fifteen minutes of aerobic exercise such as walking, running, climbing stairs and aerobic dancing can help ease stress.

According to the Kennys, it is also important to vent anger and any feelings of frus-

feelings bottled up inside! Go for a walk to relax or punch a pillow to vent your anger.

The Kennys also suggest that you select a theme for each day such as "smile" or

"who cares?" Pick your own unique theme and remind yourself of it throughout the day.

Diane Jennings, Director of Counseling Services, recommends that you "review, and retain so there is not that last minute sometime ineffective cramming." She also added, "Lots of stress comes from ineffective preparation for finals."

Jennings also recommends that you not make any major decisions that take up a lot of thought during finals week since all of your concentration needs to be focused on finals.

"I would recommend students to clear their minds of everything but preparation for finals. That doesn't solve all the problems students are ex-

time frame for tackling one stress at a time. And it is also something over which a student has control...to study or not to study," concluded Jennings.

New staff, ideas help yearbook get underway

by Becky Johnson

This year's yearbook has switched departments and is now under production by the Office of Student Affairs. Jen Haberkorn, Christine Keith, and Bill Maniscalco are now in charge.

"The production of the yearbook involves students of Saint Joe's, primarily those that work on a service grant. All of the work is split between everyone, so that several areas are covered. This is good because no one person has complete control over the whole yearbook," said Keith.

Maniscalco stated that "All of the pictures in the 94-95 yearbook are being professionally handled by Gene Korba from Hammond. Last year's book contained some pictures that were serviced from a

time later date to anyone interested" stated Haberkorn and Keith. "This book looks to be very promising. The 94-95 yearbook will be a keepsake to everyone that purchases it," quoted Manascalco.

pages. The book will contain photographs from different events like Homecoming, dances and Little Sibs," quoted Haberkorn.

"In January and February, there will be sit-in days for Freshmen and Seniors to have their pictures taken. The pictures of these two groups will be put into special sections of the Yearbook," stated Keith.

"Last year's book was the first to come into production since the Video Yearbook," said Haberkorn. In the 93-94 Yearbook the theme was "Same Place Different Face." This year's theme is "Expanding in All Directions." This theme was chosen to honor the one-hundredth graduating class of Saint Joseph's College.

"Any leftover pictures

Committee formed to help with cafeteria

by Jen Palecek

The Cafeteria is one place that most students at Saint Joe's go to everyday, whether they like it or not. Most of us don't have money to go out to eat, and find the cafe to be the most sensible place to eat. So shouldn't we like the food that they serve?

This is a question many students have asked. Students always seem to be complaining about the food, but nothing has ever been done about it. Now, however, the newly formed Cafeteria Committee, has been formed to tackle these prob-

lems.

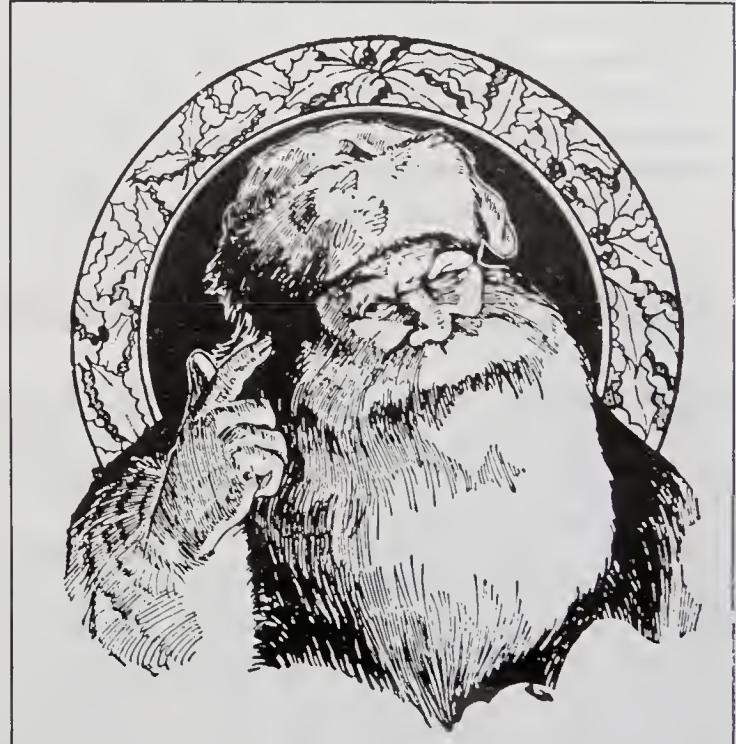
The main goal of the committee is to improve the communications between the students and the cafeteria. Students can voice their opinions about the cafe, and get something done about it. "The Cafeteria Committee has been an idea for a while, and I just decided to take it," says spokesman, senior Clayton Temple.

The committee hopes to inform students, through surveys and flyers. You may have already seen a message about the cafeteria committee on e-mail. This message

was to let students know of the committee and to find any interested to join. So far there are about ten people on the committee, and, hopefully, it will keep growing.

"I think the committee is a good idea, and that everyone will benefit from it," says sophomore, Jennifer Emeritz. Sophomore Sherrie Jankowski said, "It's a good idea because it enables the cafeteria to learn what the students do and do not enjoy for their meals."

Members encourage anyone who is interested to join the committee.





Sacco's World

by J.W. Sacco

I remember my freshman year, when I was just a lowly freshman writer. I wrote a story about my Christmas experiences in the greatest city in the world, my hometown, Chicago. I told of how I am still amazed by the beauty of State Street during Christmas time. Now, I was thinking what Christmas experience I could share with you that would make you appreciate this season more.

I could tell you of the time I got that special Christmas present that I wanted, but I believe there has already been a movie made on that. So I decided that I would share with you how I remember Christmas morning at my house.... when I was very little and still believed in Santa Claus. Okay, I confess... I believed in Santa Claus until I was in the third grade....so sue me.

And while I was in the second grade my little brother Matt was about 5 years old, and of course, he still believed in Santa. I remember we would go to my Aunt's house in Lombard (a suburb of Chicago) and there we would have dinner with my dad's side of the family and, of course, exchange gifts. After that we would all sit around, talk and play with our new toys.

When it would get to be about 11 o'clock we would have to go home because my sister and I would have to sing in the choir for midnight mass at our church... (yes, I did go to church

at one time).

After church, we would run home and hop into bed in nervous anticipation of what the all powerful Santa Claus would bring us. Of course, my brother and I who shared a room at the time, would not sleep. We would be up all night talking about what we wanted and hoped to get.

I would eventually fall asleep but then would be woken up at around 4 in the morning by my overly excited little brother running down the hall to the living room (the Sacco family "Santa drop off point"). He would run back to the room and jump into bed with me, "immy, immy," he would yell to me (he was not able to pronounce J's until he was about 8), "you got what you wanted."

This year, it was the slot car set, so I jumped out of my bed and I ran down the hall... the only problem was my parents' bedroom. With their door wide open this was the last obstacle between me and my slot car ecstasy. I began to tiptoe past the door and finally I made it. I sprinted to the living room and was in heaven.

Those are the fondest memories that I have of Christmas at my house. To this day, I miss the days when we believed in Santa and when Christmas meant something besides a few days off from school.

I really miss being young and not having to worry about anything... and I guess that this is really the whole point of the article.

SJC offers study abroad programs: students encouraged to participate



by Rachel Barlage

How would you like to gain cultural understanding, greater independence and new experiences by studying abroad in almost any major European country while retaining your status as a Saint Joseph's College student and keeping almost any type

Through its affiliation with the Central College Program of Iowa, Saint Joseph's is able to offer students this remarkable opportunity, and surprisingly, relatively few students take advantage of it.

In addition to the European countries, programs are also available in Mexico and China. According to Dr. Phil Posey, the foreign universities are basically Saint Joseph's campuses abroad. Because classes are taught in English, students are usually able to take classes comparable to some of our required Core classes, as well as classes in their major, while studying abroad.

Dr. Posey, who holds the unofficial position of Study Abroad Advisor, will be taking advantage of the study abroad opportunities when he teaches at Harlaxton College in Grantham, England between January and May in 1996.

Dr. Posey has been teaching European history for over 30 years and is looking forward to having the opportunity to spend a long period of time in England and to visit important historical sites in that country.

He also said, "I will probably benefit from teaching some different courses to a different student body."

Sophomore Liz Lieb will be studying at Harlaxton at the same

time that Dr. Posey is teaching there. Lieb, an International Studies major, believes that this will be a good experience for her because it will allow her to see first-hand some of the cultures that she has been studying in her classes.

Lieb also said, "I want to know more about English culture. I love travelling, and I've never been out of the country before, so I figured this was my chance."

Although she will miss her friends at school, she is very excited about her upcoming trip, and her mother is already planning a family visit to England while she is there.

Sophomore International Studies major Klaudia Janek will also be studying abroad next year, but unlike Leib, Janek's program was not organized through Saint Joseph's College.

Janek, whose parents are both from Slovakia, will be studying in that country in order to improve her fluency in the language of Slovak, which she already speaks well. She plans to take some classes in English and some in Slovak.

Most of her family still lives in Slovakia, and Janek is looking forward to being able to spend time with them. She also said that she believes that living in Slovakia will give her a chance to experience the changing government and economic depression that is currently taking place in Slovakia.

Janek said that of everything that this experience will entail, she is most excited about the greater independence that she will have by being in a foreign country by herself.

Students access Internet

by Klaudia Janek

It's 5 o'clock in the morning and thousands of people across the United States are logged into Internet "talking" to other users and playing games. Internet has become a huge trend across the United States and has found its way here to Saint Joseph's College.

Today, schools, business and individuals are all using Internet. Internet is sort of like a free for all, no one is in "charge of Internet." You

can't be billed for using it and about 20 million people globally are taking advantage of this new means of communication.

Many students here at Saint Joseph's spend a lot of time on Internet. Why would one choose to spend hours and hours on a computer talking to people they've never met or playing an endless game? One SJC student said that Internet is fun and can in a way be addictive.

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Features

What happened to Christmas?

by Klaudia Janek

"Cash or charge?" Traffic backs up around every mall in the nation. Store wide sales. "Would she like this in blue or green?" "What the hell am I going to buy him this year?" Kids lined up to take a picture with Santa. Half hour waits at the check-outs. Stressed out shoppers and sales clerks. Do these things make you think of Christmas? For many people...this IS Christmas! What has happened to the real meaning of Christmas? It seems as though shopping may have become the new American Christmas tradition.

Being at school and far from home have made some Saint Joseph's students reflect on the real meaning of Christmas.

Sophomore Brian Zimmer said, "I appreciate now the little things we [my family] did for Christmas. As a kid, putting up the Christmas Tree signified Christmas as opposed to now when the day after Thanksgiving, or the biggest shopping day of the year, signifies the start of Christmas season. I enjoyed putting up candles in the windows, sleigh rides, and caroling when we were kids. Now all that seems like it's in the past. There is a sort of pressure today to buy nice expensive gifts for people and that is difficult being a college student without money." The unnecessary pressure of buying expensive Christmas presents was pointed out by several other students.

"Christmas used to be a really

(Internet cont.)

Sophomore Virginia Evans, an avid Internet user, said, "What keeps me on the network is the massive amount of information that is available to you and the many different people that you meet. The benefits of the network are many but one main benefit is that you can do research for papers through the network, which saves a lot of library time."

The most frequent means of communication on a network is through the use of e-mail. The majority of Saint Joseph's students and faculty communicate with each other over e-mail. In fact, these days, not

big deal for my family when we were kids, although it's always been more of a family thing than a religious thing. Christmas is still a time for my family to get together...although we've lost some of the tradition we had when we were younger," said Senior Sean VanCoutren.

For Senior Barb Hollkamp, Christmas spirit is not lacking, "We still put up the tree together, make cookies, visit nursing homes, and have our family parties." A few changes in tradition have been made, "now we put up the tree during Thanksgiving break instead of waiting until later. Our Christmas spirit is being rejuvenated as the years go by because of additions to our family. The whole family makes an effort to be around for the Christmas holiday that way we are all together." As for shopping, Hollkamp said, "we try not to put too much emphasis on shopping by making our gifts. We use an Angel Tree to decide who to give gifts to. All our names are on the tree, we pick a name and buy one gift for that person, this way we don't have to get gifts for the whole family."

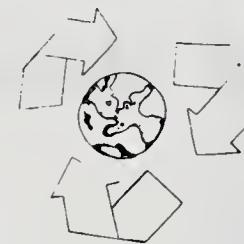
The Christmas spirit is still alive in many SJC students. While stores keep pushing for more business some people are beginning to realize that gifts don't mean a whole lot. If you're the typical college student with no money, do something else for the holidays besides worrying about gifts. There is more to Christmas than just "shop till you drop."

having an e-mail address is almost like not having a phone number. Many students use e-mail to "talk" to friends from home. It's quick, easy and environmentally friendly (no paper!). Although it may not always be private because someone could find their way into your mailbox, so as long as you don't spill your guts over e-mail, you don't have much to worry about.

Sophomore Liz Lieb said, "I use [e-mail] to write to friends who go to other schools. It's an easy way to keep in touch, you don't have to buy stamps and you can write everyday."

But how do you use the Internet? To find things on Internet

Making a difference



by Klaudia Janek

It's the Christmas season and what better way to be eco-friendly than to decorate a living tree. Millions of pine trees are cut down every year to be used as Christmas trees for a couple of weeks. Then the tree gets thrown out. Why not use the tree for another purpose once the holiday season is over?

Many people are beginning to grow and harvest their own Christmas trees. Usually a seedling is planted in a yard and when it is about the size of a Christmas tree it is removed from the ground (of course, you need to know how to take care of the tree's roots). The tree enjoys a brief stopover in your living room for the holidays and then is once again replanted in your yard. This makes a nice Christmas tree and it's FREE! But don't try to dig up and replant a single tree every year, it will die after a while. You are best off rescuing several from the woods and revolving their tours of Christmas duty—bringing in the nicest ones each year. Every other year, you could go out and find a new tree (retiring the old ones in your yard permanently). If you don't have a forest nearby you can go out and buy live, nursery-grown Christmas trees. These trees usually cost about the same amount as cut trees, but you don't have to throw them out after the holiday season.

Here are also a few suggestions for environmentally sound tree ornaments. Make popcorn and raw currant ropes and substitute them for foil trim. Homemade paper chains can take the place of garland. Flour paper on balloon ornaments make favorable ornaments for the tree and are a great pastime for children.

Need a few more Christmas time suggestions? Look for recycled wrapping paper in stores. It is available in stores like K-mart and Meijer, you just have to look a bit harder. If you're going to be using boxes, buy the decorated boxes so you don't have to wrap it in paper once it's in the box (double waste of paper products). Finally, look for recycled Christmas cards. Hallmark's Shoebox greetings are usually made out of 50% post-consumer content (which is good, but 100% post-consumer content is even better).

If you follow at least one of these suggestions, you are on your way to being an environmentally friendly individual. Merry Eco-Christmas!

takes a while to figure out. You need to learn the various commands and have plenty of time for exploring. Once you get the hang of it you can go anywhere instantly, talk all night with people about everything and flunk classes while absorbed in games. Computer network users are continuing to grow along with the information superhighway. If you are one of those people who never use a computer (or don't know how to use one) you should start learning how. This may soon be the most widely used means of communication between people and businesses in this century and into the 21st century.

**The Features
Staff wishes
everyone a
Merry Christ-
mas and a
Happy New
Year!**

Lady Pumas confident, hopeful about season

by Jill Peterson

The Saint Joseph's College Lady Puma basketball team feels confident and hopeful about their season, even though their record is 2-2.

With wins over Grand Valley State University and IUPUI, and losses to Calvin College and Lake Superior State University, the team has learned some valuable lessons. In the Grand Rapids Press Tournament on November 25-26, the losses proved to be just as satisfying as the two recent wins.

"Losing to those teams was not all that bad. We gained a lot in the aspect of maturity. Calvin and Lake Superior State University were two of the toughest teams in our bracket. It was good experience for us to face teams that play at such a high level," Head Coach Lynn Plett noted.

Assistant Coach Franky Curiel agreed with Plett. He commented, "Losses to those respectable teams is better than a weak win and a false sense of victory."

The players also shared their coaches opinions. Freshman Sarah Krey added, "Lake Superior is a really tough team. I thought we played well despite losing."

Down 43-35 at half time, SJC lost in the finale 90-80. Senior Lori Hissong led the team in scoring with 17 points. Freshman Stacie Shepherd contributed 14 and Fogg and Freshman Jessika Henry added 9 each. Junior Mindy Laffoon followed with 8 points.

In the following game against Calvin, the Pumas lost 75-62. "We just dug ourselves a big hole and we could not recover," Curiel observed.

Players also felt the team needed some improvement. Junior Guard Mindy Metzger commented, "Our intensity and defense needs to pick up. We are looking for more intensity on the defensive end to be able to finish strong. We haven't seemed to conquer that obstacle yet."

Leading the team in scoring was Shepherd with 17 points, Hissong with 16

and Fogg and Senior Sondra Green with 9 apiece.

The team's major strength lies in the fact that the four seniors are demonstrating leadership. "On and off the court, the seniors are doing a fabulous job uniting the team and making sure that teamwork is stressed," Plett said.

This held true, especially in the 85-77 win over IUPUI. Every senior was in double figures. Hissong and Shepherd shared top scoring honors with 18 points, Diane Poulsom added 12, and Green contributed 11.

Rebounding also played a key part in the successful win. Hissong, Green, and Poulsom grabbed 8, 7, and 6 rebounds, respectively.

Shepherd, a Grand Rapids All-Conference Tournament Player, feels that leadership is what is expected of her. "As a senior, I want our team to be the best it can be. My leadership skills come naturally being the aggressive person that I am."

Another favorable facet of the season has been the surprise of the freshmen getting a lot of playing time. "Our younger players are doing extremely well. It is unusual for them to be playing as much as they are. It is a nice bonus for us," Curiel said. In the tournament, Fogg and Henry played half of the two games with playing time of 21/15 and 29/21 minutes each.

Another freshman, Tammie Williams, is finding that college basketball is living up to her expectations and finds the senior leadership profitable. "Entering into a new atmosphere, they treat us underclasswomen with respect. As long as we can play the game, that is all that matters!" she stated.

Curiel commented that the team is adjusting well to the new system of coaching that Plett has brought. "We're playing just fine considering the totally changed type of system that Plett brought with him. It will take more time to adjust, but if we are patient and run the offense, everything else will take care of itself," Curiel concluded.



Hoosier Hysteria entangles basketball fans everywhere

by Ashley Pierce

There once was a time in Indiana when there were no movie theaters or malls to hang out at so parents would load up their kids and go to see the local basketball game.

Basketball once served as family entertainment for Indiana natives, but today it has evolved nationwide into a mania, often referred to as "Hoosier Hysteria." Many have their own personal opinions on why this hysteria has come about. Freshman Steve Kawa stated, "Many people like basketball and have played it themselves." However, some people think there are other reasons for this obsession. According to Freshman Jennifer Wappel, people are obsessed with basketball because "there is nothing else to do in Indiana."

Still other people believe that fans become enthralled with basketball because it's an action-packed, competitive

sport filled with excitement. Also, the game is fast paced, and has little time between plays, so fans usually don't get bored with it.

Many fans have become very involved with basketball and have chosen a favorite team to follow faithfully. Freshman Jennifer Wall noted that she is an Indiana University (IU) fan because "her whole family likes (IU)."

After choosing a favorite team, a fan will usually choose a favorite player, too. Calbert Cheaney, Shaquille O'Neal and Charles Barkley are among the favorites. Many fans like individual players because of their talents, personalities and techniques. Wall stated the Brian Evans is her favorite player because of "the role he plays on the team."

Whether watching the pros or just shooting hoops in the driveway, Hoosiers have gotten "hooked" on basketball's non-stop action.

Men's basketball off to good start

by Emily Karol

The Saint Joseph's College men's basketball team has officially begun their 1994-1995 season.

After playing two exhibition games, including one against a team from Slovakia, the Pumas are off to a good start with a 1-1 record. The team has faced some tough competition and have played well in each of their games.

The men's basketball team, coached by Bill Bland and John Pigatti, received its first loss last Monday in a game against a tough team from Eastern Michigan. The Pumas did, however, make an impressive showing, losing only by ten points, with a final score of 87-77.

Senior player Harry Perry had an excellent game against Eastern Michigan, scoring a total of twenty-nine points. Perry commented that the defense in this particular

game was strong but "the scoring could have been better and we needed to be more patient."

The Pumas won their next game against Grace College, bringing their record to an even .500. With their score at an even keel, the Pumas feel they are starting this season off well.

On Thursday the team took off for Missouri to play in the Missouri Rolla Basketball tournament. In this tournament they are guaranteed to play at least two games, the first against South Eastern Missouri State.

Team member, Junior Rod Bailey, believes that the key to success in these tournaments, as well as for the rest of the season, is for the team to "stay mentally into the game." He explained that the "offense has to want the ball" throughout the entire game and that "concentration from both offense and defense" is essential.



Men's and Women's Track and Field enthusiastic about upcoming season

by Sean Mangan

The men's and women's track and field season is right around the corner. This year both teams have a very enthusiastic outlook on the season. The first opportunity to exhibit their skills begins with the indoor season on Jan. 14 at Purdue.

Track and field consists of middle and long distance runners, sprinters, shotput and discuss throwers, the long and high jump and hurdler. Although the group is classified as a whole, they are a very diverse group of athletes with different areas of expertise.

The men's team was extremely young last year but illustrated their abilities and potential. Coach Bill Massoels is eagerly anticipating a very productive season from both of his teams. The talent is there and this is the season for both teams to prove themselves.

"Last year the men's team was young. Since we were so young and inexperienced it was difficult to rise to the occasion in big meets. The guys worked hard, but did not attain their potential because they were so young," commented Coach Massoels. The team is full of talent and expects to fill the voids in the team which plagued them last

year.

The women's team was led by Sophomore Laura Witik who went to nationals last year. Her talent as a freshmen was appreciated by the rest of the team.

In most cases, it takes a season for an athlete to gain the experience necessary to compete with their peers. As a whole, the team's used their experience in critical meets. When they were challenged, they met the challenge and reached a higher level as a team. Game experience is what the men's team needs to be successful.

Some freshmen were able to compete with upperclassmen and achieve even more

than their personal expectations. Sophomore Duane Hernandez, who competes in sprinting, was satisfied by his performance as a freshman.

"Last year I was a freshmen and didn't know the ropes of the indoor season. Practice was more intense than in high school. It was a whole new experience, which I enjoyed. I didn't think I'd do as well as I did against my peers on other teams. As the season progressed I improved," commented Duane.

Sophomore Javelin Thrower Christi McCloy was also very happy with her performance last year. "Personally, I think I did well last spring. As a team, I think we

need to work together to make it a successful season," remarked McCloy.

Junior Steve Wright, who has proved invaluable to the team, has high hopes for the season.

"Personally I was happy (with last seasons performance), but as a team we were disappointed in our performance in big meets. I think this season is going to be very positive. Everybody has been working very hard. We have an intersquad meet next week. We'll see how everyone is progressing (when this season begins)," commented Wright.

Freshman reflects on first semester

"College has mostly been a time of self-discovery for me."

by Kathleen Brass

For my final assignment for STUFF I was supposed to summarize my first four months here at Saint Joseph's College.

This, my friends, would be very difficult considering that I like to partake in the art of conversation a little too much and could write about ten pages on what have been four great months.

I have decided to simply explain some of the things I have done since I arrived on campus Aug. 18.

The first thing I experienced when I arrived at Saint Joe's was meeting a roommate and living in a dorm.

For the first time in my life, I had to share a bathroom with twenty people and sleep with a complete stranger on top of me. (In the top bunk!)

But I got over that quickly, due to the fact in the morning I don't have

my contacts in so naked people don't phase me in the bathroom and because now I'm used to my roommate's sleeping patterns.

The next thing I remember doing is going to classes, after all, that is what I am here for. This was a slight challenge for me. In high school, I don't remember having to study, or at least as much as I do now.

Everything was a breeze. Now, it is quite the opposite. I have papers coming from everywhere and finals to study for.

It's been a time to figure out just how hard I have to work to be a success.

But, besides those minor details, college has mostly been a time of self discovery for me.

I have finally learned that strangers are the best friends you can ever make and that people are what

make a difference in the world.

Through the people I have met, I now know where parts of Indiana are that I had never heard of before, I have visited Appalachia with a flying nun, gone to Sarah's Circle and helped the homeless, and gone on Kairos to bond with 40 people I never would have gotten to know otherwise.

I also realized that I really never knew just how much corn there really was in the world.

These four months are completely, totally, and truly indescribable (probably because I can't remember all of them) and great. I would like to thank everyone who helped make my first semester here at Saint Joe's such a good time and wish everyone good luck on their finals, God knows I'm going to need it!

The Quote of the Week

"Jesus becomes the food of life for his followers when they come into a new life and discover that it is by living for others that they find fulfillment of their own."

Monika K. Hellwig

My Turn

by Candace McGroarty

For the last few years, I have come to resent the Christmas season. What is considered to be the most joyous time of the year for me is a dreaded occasion.

I think part of it stems from the fact that for the last six years I have worked in the wonderful world of retail.

I have watched materialistic gluttons as they grab and shove their way through the stores in search of everything from a toaster oven to toe-nail clippers.

These manic shoppers seem to get lost and lose touch with what Christmas is really all about. I have seen too many people get so caught up in Christmas propaganda and trappings that are almost oblivious to the fact that it is Christ's birthday.

Christmas is not about lights on a tree, stockings over the fireplace, or giving and receiving as many gifts as you can without going bankrupt.

It is about thanking God for sending us his son. It is about sharing with those who are less fortunate than ourselves. It is also about sharing with the world our God given gifts, not the ones we bought at the mall.

Don't get me wrong. I

enjoy giving and receiving gifts as well, but I also try to keep the holidays in perspective.

Last year I made gifts for my parents and my brother instead of spending money on something they really didn't need. The poem I wrote for my father means more to him than any shirt or tie in the world.

I try to wrap my presents in newspaper. Wrapping paper is such a waste and more garbage to put in our landfills. You can also use grocery sacks and then decorate them with a marker or crayon.

Every year, I get the names of at least two people from a charitable organization, and I go out and buy them what they want for Christmas.

It has also become a tradition in my house to donate money, that we would have otherwise spent on decadent presents that none of us really need, to charity.

Don't get lost in Christmas propaganda or trappings. Giving your time, your love, and heart, will yield greater rewards for you and your loved ones in the long run.

Seasons Greetings

The Back Page would like to wish everyone in the SJC community a happy holiday season.

We would also like to tell you that The Back Page is interested in publishing student poetry, artwork or photography.

If you have anything you would like to submit, please e-mail us at Stuff Back@students@SJC, or contact Candace McGroarty.

Have a great break and we'll see you next semester!(Hopefully!)